Low Impact

DAREBEE WORKOUT ™ darebee.com

LEVEL I  3 sets  LEVEL II  5 sets  LEVEL III  7 sets  REST up to 2 minutes

- 20 march steps
- 10 calf raises
- 40 shoulder taps
- 20 alt arm/leg raises
- 20 leg extensions
- 20 side leg extensions
- 10 bridges
- 20 flutter kicks
- 10 dead bugs